



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**

Irritable Bowel Syndrome **NEW**



Letter from the Director

Hello Study Participants and Friends,

Summer is upon us, the days are longer and the sky is mostly blue here in the Treasure Valley. Many of us here in the Treasure Valley are “outdoor enthusiasts” and I’m certainly one of them. An Idaho girl through and through I grew up camping and hiking in the mountains around Boise. These past few months I’ve been encouraged to see the uptick of people out on the hiking trails, enjoying our great outdoors. Yeah, I know many complain about how busy the hills around us have gotten and the influx of people and that is certainly true. But I also believe getting outside in nature is the healthiest things we can do for our bodies.

As many of our entertainment venues and activities were shut down these past few months my hope is that many people found beauty and entertainment outside. As these venues slowly start opening up I hope, for the health of our community, we continue our outdoor adventures as well. This month is our month to celebrate men with Men’s Health week and, of course, Father’s Day. Let’s get our families outside for a hike, a day at the beach or on the river fishing with Dad. Social distancing is still, of course, necessary but the great, wide outdoors and this beautiful weather make it all the easier to enjoy each other and celebrate the men in our lives this month. And, a friendly reminder to please continue to practice hand washing, social distancing and all other recommendations by the CDC so we can continue to keep ourselves and our community healthy. I want those famous Boise patios back open for the post-hike food and libations! 😊

Be well,

Jill

“

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Did you know?

I thought I’d share some fun health facts for you this month courtesy of www.thegoodbody.com

- Did you know laughing is good for the heart and can increase blood flow by 20 percent?
- Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.
- Maintaining good relationships with family and friends is good for your health, memory and longevity
- Drinking coffee can reduce the risk of depression, especially in women (with my 8 cup a day habit no wonder I’m such an optimist!)
- Almonds, avocados and arugula (the three ‘A’s) can boost your sex drive and improve fertility.
- The average moderately active person walks approximately 7,500 steps a day, which is the lifetime equivalent of walking around the Earth five times.
- The spinal disc core is comprised of a large volume of water therefore dehydration could lead to back pain.



APPLY TO PARTICIPATE:

Call 208-621-2503,
Scan the QR Code, or head
to our website.

InjuryCareResearch.com



"I've always been a high achiever, always striving for bigger, faster, greater...and now suddenly I'm expected to settle for lower blood pressure and less cholesterol?"

AWARENESS MONTH

Let's celebrate our men! Men's Health week is celebrated each year in the week leading up to Father's Day. To quote Congressman Bill Richardson in 1994, "Recognizing and preventing men's health problems is not just a man's issue. Because of it's impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." To help raise awareness Friday, June 19th has been designated "Wear Blue Friday". Wear your blue, show your support and then call your physician or the man in your life's physician to make an appointment for their yearly physical if they've been putting it off. In addition to the back yard BBQ or camp-out this Father's Day lets also encourage our men to take care of their health.



Grilled White Fish with Avocado Relish

Courtesy of the American Heart Association

Servings 4 Serving Size 3 ounces fish

INGREDIENTS

Marinade Ingredients

- 1 tablespoon **olive oil**
- Zest of 1 medium lime
- 1 lb mild white fish fillets, such as cod or halibut, rinsed and patted dry

Relish Ingredients

- 1 medium avocado (diced)
- 1 8-oz can pineapple tidbits in their own juice, drained
- 3 tablespoon red onion (diced)
- 3 tablespoon chopped, fresh cilantro
- Juice of 1 medium lime

INSTRUCTIONS

- 1 In a medium glass bowl, stir together the oil and lime zest. Add the fish, turning to coat. Cover and refrigerate for at least 1 hour, but no more than 12 hours, turning occasionally if marinating for more than 1 hour.
- 2 Shortly before the fish is ready to be cooked, in a separate medium bowl, gently fold together the relish ingredients. Set aside.
- 3 Preheat the grill on medium high. Drain the fish, discarding the marinade. Place the fish on the grill with the short end facing 10 o'clock. Grill for 1 to 2 minutes, or until dark grill marks appear on the fish. Rotate the fish so that the short end is facing 2 o'clock. Grill for 1 to 2 minutes. Turn over the fish. Turn off the heat directly under the fish but keep all the other burners on medium high (indirect cooking). Close the grill lid. Cook the fish until it flakes easily when tested with a fork but is still very moist. (The fish should no longer be opaque in the center.)
- 4 Transfer the fish to plates. Top with the relish. Serve immediately.